



WARNER WEEKLY

News & Information at Your Fingertips

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Mechanics get first crack at new MRAPs

By Sgt. Keith M. Anderson
16th SB Public Affairs

CONTINGENCY OPERATING BASE Q-WEST, Iraq — Soldiers from the 16th Sustainment Brigade had their first look at the new International Maxx Pro Plus Mine-Resistant Ambush-Protected Vehicle (MRAP) here Sept. 17.

After the sustainment brigade received its first two MRAPs in September, the mechanics began training on what the Army calls “20-level” maintenance, field-level scheduled services, on the MRAPs. Subordinate units of the brigade in Iraq have MRAPs, but these were the first the brigade received.

Anthony Evans, field service representative, Navistar, Int., led the Soldiers through familiarization and initial maintenance on the dual-wheel, more heavily-armored MRAPs. He said the MRAPs weren’t as difficult to work on as other Army vehicles.

“To me, I think it’s easier because everything isn’t crammed-in, but it’s heavier so you have to man-handle everything,” Evans said.

The MRAP is very similar to commercial vehicles in the U.S., so Soldiers gain useful job

(See MRAP on page 4)



Photos by Sgt. Keith M. Anderson

Spc. Joseph Bridges and Pfc. Jeramy Hammond, both mechanics, 16th Sustainment Brigade, loosen the passenger rear axle on a Mine-Resistant Ambush-Protected (MRAP) vehicle Sept. 17, Anthony Evans, field service representative, Navistar International Corp., coaches them through the process.

Free childcare offered to Family Readiness Group attendees

IMCOM deputy, garrison commander emphasize importance of program

By Douglas DeMaio
USAG Bamberg Public Affairs

Family Readiness Groups operate regardless of Soldier deployment status, but one thing that may not be well known is that Families attending FRG functions can receive free childcare while participating in FRG meetings and activities.

Maj. Gen. John A. MacDonald, deputy commanding general for Installation Management Command, acknowledged that

“IMCOM has the funding available to support this... service.”

Although the service is offered free of charge to the Families, coordination and documentation must be prepared in advance of the FRG event.

Family Readiness Support Assistants (FRSA) need to coordinate times of the activities, provide the proper documentation and make sure the FRG members have registered their children for the service.

FRSAs are also encouraged to maintain regular scheduled meetings and give

advanced notification to Child Youth and School Services – Family Child Care.

“An emphasis is being placed on getting FRGs involved in this program and helping Families understand how they can use this service,” said Lt. Col. Gary A. Rosenberg, commander of U.S. Army Garrison Bamberg.

The FRG’s free childcare assists the garrison in fulfilling an initiative to support the Army Family Covenant, a pledge to recognize and put forth an improved effort in caring for Soldiers’ Families while they defend the nation.

(Continued from page 4)

**Community Flea Market and Car Sale
from 9 a.m. to 2 p.m. Oct. 4 at the CAC**

**German Holiday Oct. 3
All shops closed, big flea market
downtown**

Autobahn exit to close, traffic to be redirected

By Douglas DeMaio
USAG Bamberg Public Affairs

Those who enter Warner Barracks through Gate 4 from Autobahn 73 will soon be taking a different route to work, permanently.

Beginning Oct. 8 at 11 a.m., vehicles traveling south on A73 will no longer be able to enter Gate 4, which is on Zollnerstraße. Instead vehicles will be re-routed to enter Gate 4 on Zollnerstraße from a northbound direction.

"Folks who use this gate regularly can still use it; they will just have to come at it from the south rather than from the north," said Capt. Michael Grygar, Provost Marshal.

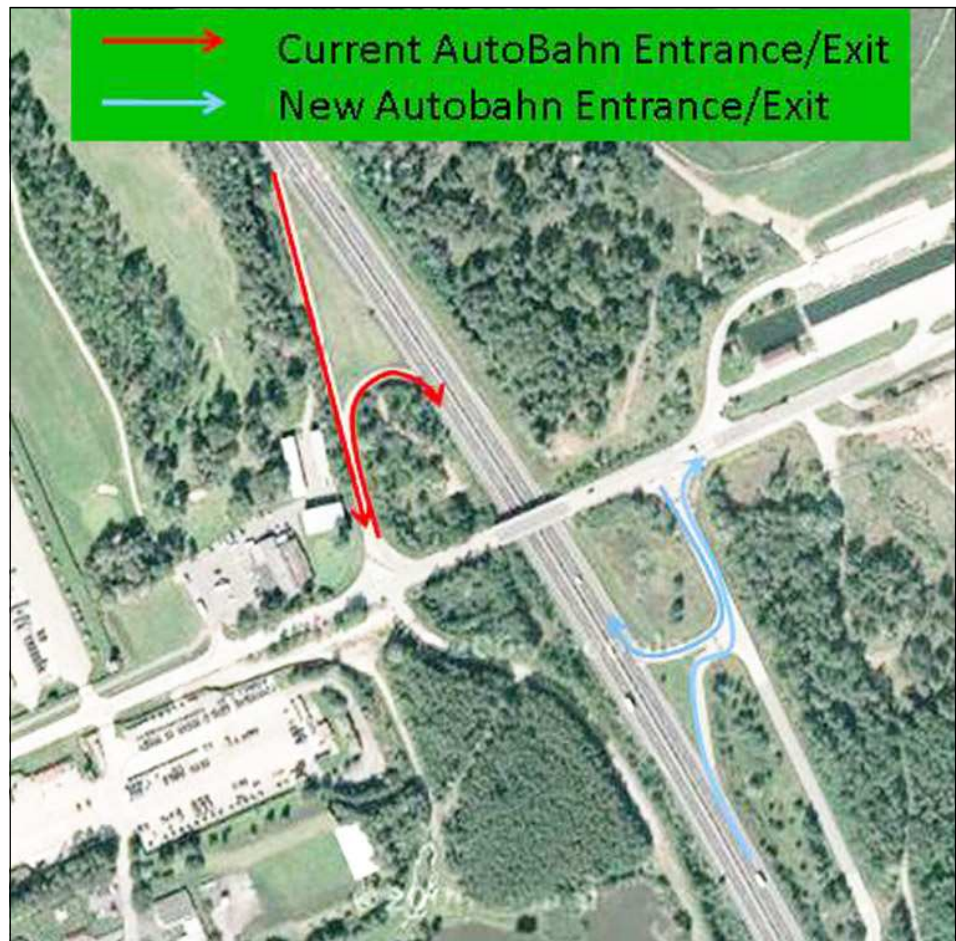
Currently, northbound traffic on A73 cannot exit Zollnerstraße, so they travel to the next exit before turning around to enter Gate 4 from the southbound direction.

Come Wednesday, that process will be reversed, said Achim Ohlenschlager, Directorate of Public Works – Master Planning Division.

Southbound traffic will need to pass the current southbound exit and continue up to Bamberg-Ost. After exiting and turning left onto Pödeldorfer Straße, traffic will then be routed to re-enter A 73 on the right lane heading north.

Red and white traffic warning markers will be moved to the closing exit on the southbound lane to keep traffic moving forward on A 73, Ohlenschlager said.

"It's just the opposite way it was before," he said.



Beginning Oct. 8 at 11 a.m., vehicles traveling south on A73 will no longer be able to enter Gate 4, without taking a detour. Currently, northbound traffic cannot exit Zollnerstraße. See the detour map on Page 4.

For some, the distance to travel on post will shorten; while for others, the distance may increase by about 1.5 kilometers, Ohlenschlager said.

Although the distance may increase for some, according to Ohlenschlager, the time spent waiting to enter post could lessen.

"It should go faster," he said.

With this route change, more inspection lanes could be made available for those entering post and the traffic should flow much more easily, Ohlenschlager said.

However, Grygar didn't believe there would be a decrease in wait time and said he felt it would take about the same amount of time to enter post.

(See DETOUR on page 4)



Lt. Col. Gary A. Rosenberg

U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
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All MWR Programs provide reasonable accommodations for individuals with special needs. For assistance please contact the facility manager prior to your visit.

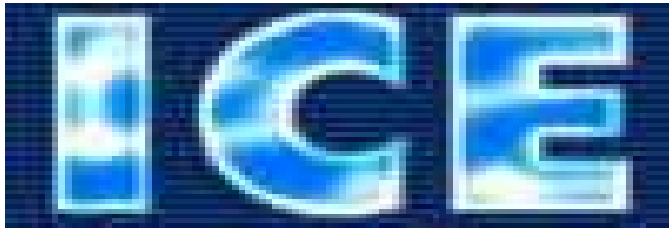
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To submit your ICE comment, click here

http://ice.disa.mil/index.cfm?fa=site&site_id=202

Customer Comments:

Dear Bamberg,

Why are we not allowed to sign for a locker at the gym so that personnel living off post can keep a shower bag and shower shoes there if they want to use it in the mornings on a regular basis to avoid a drive home? I have been able to do so at every other military base in my career until now.

Also, why do we not have headphone jacks in our cardio room with a selection of TV's to choose from so that we can hear the program be it news, sports or a movie?

My spouse and I would love to work out together in the evenings or weekends but there is no available child care and children are not allowed in the changing rooms and such.

I heard on the radio that we will pay for civilians to go to the gym for working for us, but we can not even support the Soldiers with Families so that they can use the facility without out of pocket expense for child care.

There is an empty room upstairs that would work great for a drop off with a 1 hour 30 minute max to 2 hour max allowing for a good workout and a quick shower? Then charge a fee if they are late picking up their kids.

Thank you, Jamie Hofeldt

Commander's Response:

Thanks for the comment. The answers to your questions are provided below. I hope this explains the situation to you. If you have additional questions or comments please take them up with the Freedom Fitness Facility staff, specifically Mr. Ernest Johnson. If he cannot help you, he will refer you to someone who can.



1. Policy and guidance from IMCOM-Europe is very clear; permanent lockers are not available for both force protection and sanitation reasons - this is now standardized across Europe (with one possible exception). Showers are available for your use during facility operating hours. My suggestion is to bring your shower bag and shoes on days you decide to use the facility. You can store your items in a locker during your workout. However, by the end of the day, the lock and items must to be removed.

2. Cardio (audio) equipment was already ordered and, in fact, has arrived. This will include an upgrade to Plasma TV's and is schedule to be completed by Oct. 31.

3. Children of all ages are allowed in the facility but must be under direct supervision of a parent or guardian at all times. Policy is posted in the facility in detail explaining usage of rooms and services, as well as the Tots-in-Tow area specifically set-up upstairs next to Aerobic Rooms for family members with small children.

Furthermore, child care is offered Tuesday through Thursday from 7:30 to 11:30 a.m. by Child, Youth and School Services. The fitness facility and their personnel only provide a location for the child care, thus any additional details or information regarding child care should be directed to CYSS at DSN: 469-8035.

Finally, the program you are referring to regarding civilians using the fitness center at no cost is the "Civilian Fitness Program".

It is a DA approved program in which civilians employed by the Army are encouraged to engage in regular program exercise and other positive health habits.

Commanders and Supervisors may approve and allow for three one-hour exercise sessions each week during normal work hours for a total of 78 hours total over a consecutive 6 month period. It is a onetime enrollment opportunity and the goal is to initiate and maintain healthy behavioral changes in the employee.

This program is not only based around a humanitarian compassion for our employees but also has an economic benefit; it is a well know fact that healthy employees take less time off, have a reduced risk of expensive health related issues, and are more productive.

I hope this answers your questions; if not get up with Mr Johnson - I am sure he can clarify any further concerns

Lt. Col. Gary A. Rosenberg
Commander, US Army Garrison Bamberg

The "Ready Army" awareness campaign begins Oct. 9

MRAP

(Continued from page 1)

skills by learning to maintain and repair the vehicle, he said.

"This is a great vehicle for people to learn on if they are going to enter the civilian job market," Evans said. "Other than the armor, this is no different than any other commercial vehicle out there."

Spc. Daniel Misch, all wheel vehicle mechanic, 16th SB, appreciated the chance to get away from repairing the humvees and learn something different.

"It's something new, I'm tired of doing the same old stuff," Misch said. "It's something we need to know, even if we aren't going to do the more difficult repair work, there are still different levels of maintenance."

Evans showed the Soldiers how to remove the passenger side rear axle, and to check that the wheel bearings were correctly torqued and other basic tasks Sept. 17.

The Soldiers will go through more in-depth training later this month.

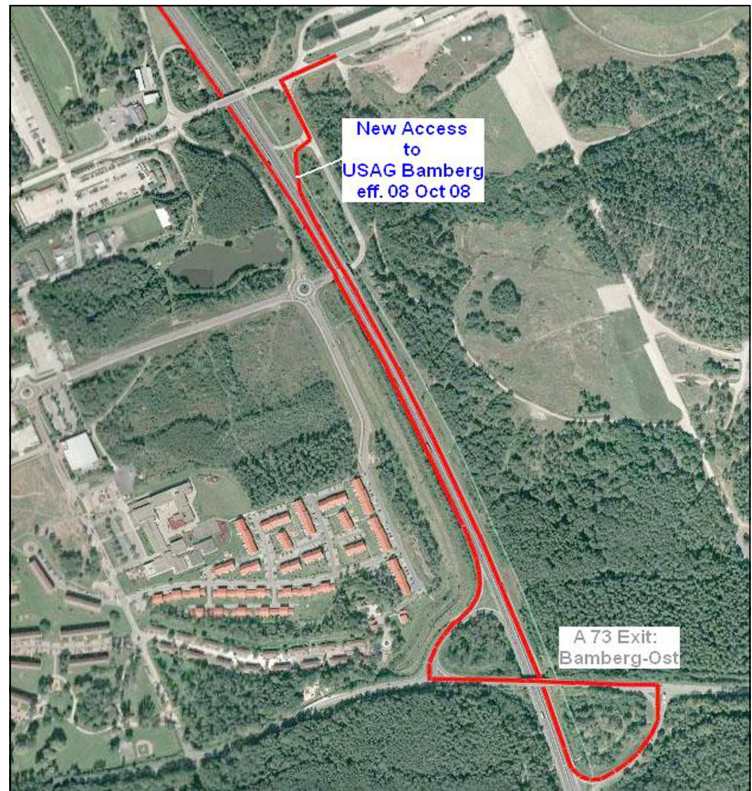
Pfc. Jeremy Hammond, all wheel vehicle mechanic, 16th SB, said the training was very useful.

The 24-year-old from Puyallup, Wash., said he has a small business installing "after-market mods" to import vehicles in Puyallup.

"It will advance my mechanical knowledge," Hammond said. "It'll prepare me more for the business I started."

Sgt. 1st Class Liston Kelly, motorpool non-commissioned officer in charge, 16th SB, said his Soldiers would learn to maintain the new MRAPs easily.

"There's no equipment that's complicated; Soldiers just have to be trained," Kelly said.



Southbound traffic will need to pass the current southbound exit and continue up to Bamberg-Ost and get back on A 73 to enter Gate 4.

DETOUR

(Continued from page 2)

Grygar said some people may be surprised by the route change at first, but there should be no reason to be alarmed.

"Remember to stay flexible and watch for new road signs," Grygar said. "Anyone driving on autopilot, with their brains somewhere other than on the road, need to be careful."

Additional signs on A 70 and A 73, as well as highway and city roads, will be adjusted within the next couple months to reflect the traffic flow changes, Ohlenschlager said.

FRG

(Continued from page 1)

"Ensuring excellence in schools, youth services and childcare is a promise to our Soldiers and Families," Rosenberg said of a passage in the covenant. "The FRG's free childcare program supports our commitment to this pledge and helps to provide a better quality of life for those who serve our nation."

FRG members wanting to use the childcare service should contact their FRSA, or for more information about this program or other types of FRG childcare options available, call Child Youth and School Services – Family Child Care at 469-8660.

Army Family Covenant

We recognize...

- The commitment and increasing sacrifices that our Families are making every day.
- The strength of our Soldiers comes from the strength of their Families.

We are committed to...

- Providing Soldiers and Families a Quality of Life that is commensurate with their service.
- Providing our Families a strong, supportive environment where they can thrive.
- Building a partnership with Army Families that enhances their strength and resilience.

We are committed to Improving Family Readiness by:

- Standardizing and funding existing Family programs and services
 - Increasing accessibility and quality of health care
 - Improving Soldier and Family housing
 - Ensuring excellence in schools, youth services and childcare
- Expanding education and employment opportunities for Family members

Community Announcements

Community Flea Market and Car Sale

A Community Flea Market and Car Sale will be held in front of the Community Activity Center (facing Summerall Field) from 9 a.m. to 2 p.m. on Sat., Oct. 4.



Bikes for rent

Bamberg's Outdoor Recreation (ODR) now has bikes for rent. Not only can mountain bikers take advantage of the new offer, it's also perfect transportation for anybody who is waiting for their POV to arrive or for those who don't have a valid driving license. "I was very satisfied with the services that Outdoor Recreation gave me," Sgt. Daniel Fenwick wrote in an Interactive Customer Evaluation (ICE) comment card. "The idea of renting bikes for either sport or just plain transportation is outstanding. It came in handy for me because of the shipment of my POV. Keep up the good work!" Bikes are \$10 per day or \$40 for one week. All bikes come with the mandatory helmet and a lock. For mountain bikers, ODR offers mountain bike trips. The next trip is scheduled for Oct. 4, from 9 a.m. to 5 p.m. (please pre-register). Contact MWR ODR at CIV:0951-300-8659 for more details.

USAG Bamberg Community Expo

You and your agency are cordially invited to the 2008 USAG Bamberg Community Expo. The event will be held from 2 to 5:30 p.m. on Oct. 9, at the Basics building, (#7110) located next to the Garrison Headquarters on the west end of post. The 2008 event will be more exciting than ever and will include the home based business show, the community job fair and the Combined Federal Campaign kick-off. There will be food samplings, entertainment, an opportunity to meet new community members and a chance to win some great prizes! This year's theme is "Enhancing the Well-Being of our Community".

Thrift Shop winter clothing consignment open

The Bamberg Thrift Shop is now accepting winter clothes for consignment. We are always looking for volunteers. If you would like to volunteer, please come by the Thrift Shop and talk to Angela.

V.A. Benefits Briefing

Ask the experts. Attend the next ACAP V.A. benefits briefing from 8 a.m. to 12 p.m., Nov. 6 at the Reel Time Movie Theater. A representative from the Department of Veterans Affairs will provide an overview of V.A. programs and services and will answer questions as well. Open to the entire community. For more information, call ACAP at DSN:469-8925 or online <https://www.acapexpress.army.mil>.

VA/DTAP Briefing

ACAP will sponsor a briefing on the V.A. Disability Transition Assistance Program (DTAP) from 1 to 3 p.m. at Preston Hall on Nov. 6. A representative from the Department of Veterans Affairs will discuss the Vocational Rehabilitation & Employment Program. This is an opportunity for transitioning Soldiers who are considering filing a disability claim with the V.A. to find out about program procedures. For more information, call ACAP at DSN:469-8925 or online <https://www.acapexpress.army.mil>.

DOL/TAP Workshop

The Army Career and Alumni Program (ACAP) is offering 2.5-day Department of Logistics job assistance workshops for separating and retiring Soldiers from 8:30 a.m. to 4:30 p.m. (final day ends at 12:30 p.m.) at Preston Hall Nov. 18 through 20 and Dec. 9 through 11. All participants must complete pre-separation counseling prior to enrolling in this course. Please call your Bamberg ACAP Office for more information at DSN:469-8925.

School House Antique Sale

The Bamberg Elementary School PTA and the Bamberg Aqua-Barons Swim Team will have a fundraiser antique sale on Sat. Oct. 4 from 10 a.m. to 5 p.m. at the BES cafeteria. Concessions will be available. This event is open to all garrison community members and their guests. For more information, email Stephanie Leeds at stephanie.leeds@us.army.mil.

Federal Job Application Seminar

Interested in applying for a job with the Federal Government? The Federal Government requires a specific application which is different from what most civilian employers want. ACAP will hold a seminar to teach you how to apply for these jobs from 1 to 3 p.m. on Nov. 3. Interested persons must have completed the TAP Workshop prior to this seminar. For more information or to register, call ACAP at 469-8925 or register at <https://www.acapexpress.army.mil>.

Closures / Changes

MWR facilities will return to normal opening hours

- Community Activity Center will be open Mon. through Fri. 8 a.m. to 8 p.m., Sat. 11 a.m. to 8 p.m., American Holidays 10 a.m. to 6 p.m., closed Sundays.
- Freedom Fitness Facility will be open Mon. through Fri. 5 a.m. to 9 p.m., Sat. and Sun. 9 a.m. to 9 p.m., American Holidays 9 a.m. to 5 p.m., training Holidays 9 a.m. to 9 p.m.

Send your Bamberg area classifieds to the Warner Weekly
at bambergpao@eur.army.mil! See page 11 for submission guidelines.

Nieves Webb DFAC opens

USAG Bamberg will open the Nieves Webb Dining Facility in building #7333 on Oct. 6. Breakfast is from 7 to 9 a.m. and lunch is 11:30 a.m. to 1 p.m.

Community Bank closure

The Bamberg DOD Community Bank will be closed Oct. 3 and 4 in observance of the German Unification Holiday.

Vehicle Registration Office closure

Vehicle Registration Office will be closed on Oct. 3 and 13 in recognition of Germany and U.S. National Holidays.

Army post office changes lobby hours

The USAG Bamberg Army post office lobby hours are now 9:30 a.m. to 4:30 p.m. Monday through Friday.

Elementary School front gates closure hours

The two gates that block through traffic in front of the Elementary School will be used to control cars and provide safety for the children. These gates will be closed from 7:45 to 8:10 a.m. and from 2:20 to 2:50 p.m.. Only buses will be allowed in or out. Cars parked in the front of the school will need to stay parked until gates are open. Please use the side parking lot for picking up and dropping off students.

Self Help Issue Point relocates

The Self Help Issue Point (SHIP) has relocated to building 7123 (next to the Department of Public Works Supply Area) due to the increased mission of Department of Logistics in support of a Central Receiving Point/Installation Property Book Warehouse. See map below.



Weekly Reminders

Charley's serving breakfast!

Charley's is now providing breakfast Monday through Friday from 8 to 10:30 a.m. Menu includes various combinations and platters, eggs to order including omelets, breakfast sandwiches, hash browns and pancakes. This is a trial run.

AAFES open on Mondays

USAG Bamberg AAFES stores are now open Mondays from 10 a.m. to 7 p.m.



Combined Federal Campaign

The 2008 campaign runs from Oct. 1 to Dec. 3. Please contact the garrison Directorate of Human Resources at DSN:469-8241/7713. Make a World of Difference.



Red Cross needs station chair leader

The American Red Cross is in need of a station chair leader (volunteer position). Apply if you are interested in this position by contacting the American Red Cross: 0951-300-1760.

Volunteers needed

The American Red Cross needs volunteers! They need reliable, responsible, and proactive individuals who can give at least 20 hours a week of their time.

Kids and Teens

Daisy Days Girl Scout registration

Daisy Days Girl Scouts will register new members from 3:30 to 5 p.m., Oct. 3, at the Scout Hut. Come find out about Daisy Girl Scouts and register your kindergartener or first grader, or sign up as a volunteer. For more information, contact Bamberggirlscouts@Gmail.Com.

Entertainment and Leisure

Stable Theatre Festival of One Act Plays

The Stable Theater will open its annual festival of One Act plays Oct. 3 through 5 with plays by Paul Dooley and Winnie Holzman, Christopher Durang, Jonathan Rand and more. Shows begin at 7:30 on Oct. 3 and 4 and at 5:30 p.m. on Oct. 5. The entry fee is \$7 per adult. Soldiers E4 and below and their families, students and children 5 -18 years cost \$5 per person. Non-ID holders can attend as guests of the theater with 48-hours notice and the proper paperwork. Contact Jack Austin at Jack.Austin@us.army.mil if interested.

Franconia International Ski Club

The Franconia International Ski Club is looking for skiers, boarders, and those who want to just check out the mountains. Join us for raffle prizes and discounts on upcoming trips for members joining the first meeting. For more information email franconia-internationalskiclub@yahoo.com or call Candace at 0171-9434672. Regular meetings will be on the second and fourth Tuesday of the month at the Maisel Keller.

Family Day Bowling

Birchview Bowling Center has Family Day bowling on Sundays from 12 to 9 p.m. Discount game fees and free shoes.

Continuing Education

Defense Language Institute resources available online

The Defense Language Institute Foreign Language Center (DLIFLC) activated its new Language Materials Distribution System (LMDS) website July 1, making available hundreds of language survival kits and other materials free of charge to deploy-

ing service members. To view the shopping cart, go to: <https://lmds.dliflc.edu>.

- The website offers Language Survival Kits - pocket size booklets with audio CDs, in over 30 languages, ranging in topics from public affairs, cordon and search, to medical terminology.
- DLIFLC also offers new Headstart language DVD programs that use cutting-edge technology and computer animation to teach 80-hours of self-paced lessons and are designed to teach survival phrases in Iraqi Arabic, and Afghan Dari and Pashto.
- Language materials can be viewed, downloaded, and ordered at www.dliflc.edu under the Products tab. You must register and receive DLIFLC account approval before placing your order. Some products are not available for download to the general public.

Central Texas College courses for Term 2

Education for the Individual, Term 2 registration will be Oct. 6 through 24, and the courses will run from Oct. 27 to Dec. 20.

- Automotive Electronics (AUMT 2437)
Instructor : D. Van Lannen- Wed., Thur. and Fri. from 5:30 to 9:30 p.m.
- Early Childhood Development: 3-5 Years (CDEC 1335)
Instructor: E. Marriott - Tue., Thur. from 6 to 8 p.m.
- Juvenile Justice System (CJSA 1317)
Instructor: G. Cyrus – Mon. and Wed. 6 to 9 p.m.
- Dining Room Service (RSTO 1204)
Instructor: J. Perez – Mon. and Wed. from 6 to 8 p.m.
- Purchasing for Hospitality Operations (RSTO 1325)
Instructor: J. Perez – Tue., Thur. from 6 to 9 p.m.

Online classes begin once a month. For more information, call Sonia Rivera at the Bamberg Education Center DSN:469-7467 or CIV:0951-300-7467

University of Phoenix offers online and onsite courses

University of Phoenix is offering graduate degrees on site and online. Located at Warner Barracks Education Center. University of Phoenix, Bldg. 7047, Room 309 from 7:30 a.m. - 4:30 p.m. or contact DSN 469-9280 or Joline.Powell@Phoenix.edu.

Health and Fitness

Isabel Tilzey and Tracy Svalina will be discussing breast cancer awareness on the AFN Morning Show live Oct. 6 from 8 to 10 a.m. If you'd like to call-in and talk about your clinic's activities or discuss a particular aspect of breast cancer with the Bavaria community, please let me know ahead of time. The show can be heard throughout the Bavaria footprint, and it is fairly easy to organize a call-in time or pre-record with the AFN morning show host.

Women's mountain climbing classes

Are your kids making you want to climb the walls? If so, this is the class for you! You will learn the basics of rock climbing including knots, belaying, proper equipment fitting and technique. Climb for three mornings indoors and 2 days outside in the Franken Jura (weather permitting). Meet at JFK Gym on Thur. Oct. 2, 9 and 16 from 9 to 11 a.m. On Thur. Oct. 23 and 30, meet from 8:30 a.m. to 2:30 p.m. at ODR for outdoor climbing. The class fee (\$159) includes: 5 climbing sessions with instruction, all necessary

equipment and transportation for the Oct 23 and 30 classes at Franken Jura. You will need clothes you can move in, short fingernails and lunch for the last two classes. Sign up at Bamberg ODR, Building 7047.

Lose weight and enjoy friendly weight loss competition

A Body Fit For you Weight loss program at the FFF "Lose weight and enjoy a little friendly weight loss competition". Teams will be formed after sign-up. Registration ends on the 25th of September. Limited space available. For more info, please call Ayla Biggerstaff at 0171-496 9539 or e-mail abodyfitforyou@hotmail.com.

Enough lounging in the sun ... Let's get fit!

A Body Fit For You classes are available at the Freedom Fitness Facility. For more information on these classes or a personal trainer, contact Ayla at 0171-4969539 or email her at abodyfitforyou@hotmail.com.

- Mon.: 8:30-9:30 a.m. Pilates
- Mon: 6-8 p.m. Boot Camp
- Tue.: 8:30-10:30 a.m. Boot Camp
- Wed.: 8:30-9:30 a.m. Pilates
- Thu.: 8:30-10:30 a.m. Boot Camp
- Thu.: 6-8 p.m. Boot Camp

Podiatrist at Bamberg Health Clinic monthly

The MEDITEAM Podiatrist will be at the Bamberg Health Clinic for insole and insert fittings for active duty Soldiers the first Wed. of every month. Please sign up at the front desk. For more information, contact the Bamberg Health Clinic at DSN:469-9215.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation (ODR) in October

Oct. 4 Mountain Bike Ride \$10

Want to get out and enjoy the beautiful fall weather? Grab your bike (or use one of ours for the day) Oct. 4 and hit the trails with ODR. This 30k ride is perfect for intermediate to advanced riders (has a moderate climb). Includes guide, transportation and equipment. Please pack your own lunch, snacks and drinks. Departs ODR at 9 a.m. and returns approx. 5 p.m.

Oct 7. and 21 Mountain Biking Free

Join ODR staff for on Tue. Oct. 7 and 21 for after work spins through the nearby woods. Rides will last approximately 2 hours and terrain will vary based on the skill of riders present. Please bring snacks and drinks. Bikes available at no charge, please come to Outdoor Recreation at 5:00pm if you need a bike. Departs ODR at 5:30pm, returns approx. 7:30p.m.

Oct .9 Tour Under Bamberg \$20

Join ODR on Oct. 9 for a unique tour through the tunnels under Bamberg. It will give you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs ODR at 5 p.m. and returns approx. 7:30 p.m.

Oct. 11 to 13 Glacier Skiing and Riding \$225

Can't wait for winter? Head to Austria for some early season glacier skiing and riding with Bamberg ODR Oct. 11 through 13. Trip includes transportation and lodging with breakfast and dinner. Get reduced rentals and tuning at the ODR ski shop. Intermediate and above only. Departs ODR at 10 a.m. Oct. 11 and return at approx. 10 p.m. Oct. 13.

Oct. 17 Dinner and Wine Tasting \$55

Looking for something different from Outdoor Recreation? Enjoy a three-course dinner and tasting of 5 wines at nearby historic Schloss Buttenheim on Fri., Oct. 17. Wine and gourmet items will be available for purchase, bring a VAT form! Includes transportation. Departs ODR at 6p.m., returns approx 11:30p.m.

Oct. 25 Crystal Shopping \$20

Looking to get a head start on your holiday shopping? On Sat., Oct. 25 we'll take you to Neustadt, home to the Nachtmann factory and numerous crystal and glass shops. Includes transportation. Don't forget your VAT forms! Departs ODR 9 a.m., returns approx. 5p.m.

You must register for these trips by the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, please come to Outdoor Recreation, bldg. 7047. All trips depart and arrive at Community Activity Center (CAC) unless otherwise noted.



Housing Office gives tips on listings, fair market value private rentals

Just like elsewhere in the world, the private-rental market in Germany depends largely on supply and demand.

In 2007, there were more than two rental units available per prospective tenant. In 2008, that ratio is nearing a one-to-one ratio.

The Housing Office uses several resources to acquire an adequate list of rental units for Soldiers and civilians.

For example, every week in the wanted ads, advertisements are placed in the local newspaper.

These listings in newspaper or the Internet are reviewed daily. Large commercial and property management companies are contacted daily for information on newly-built residences.

The Housing Office reviews prospective rental agreements for adequacy, and explains special needs for tenants associated with the military, such as a 30-day termination-notice, called a Military Clause; a regular termination notice is 3 months.

The Housing Office may also requests for a built-in kitchen. Usually there is no built-in kitchen in German apartments, since German tenants tend to buy their own.

Landlords have few restrictions in setting rental prices.

Rental prices are somewhat regulated and, normally, the maximum price allowed is 20 percent higher than the city average.

As a potential tenant, you should not inform a landlord of your authorized housing allowance (OHA or LQA), as such information could cause misconceptions about how much rent a Soldier or civilian can afford.

However, row houses, duplexes, and single houses or apartments with high class amenities may be more expensive.

Rental prices in Bamberg are currently up to € 8.50 per square meter, while outside of Bamberg, the price per square meter is about € 7.50, excluding utilities, parking, and a built-in kitchen.

The Housing Office only lists rentals or refers prospective tenant if the living standards and price are sufficient to the German rental market.

Landlords asking higher prices from U.S. tenants, as opposed to German tenants, are not accepted by the Housing Office.

As a potential tenant, you should not inform a landlord of your authorized housing allowance (OHA or LQA), as such information could cause misconceptions about how much rent a Soldier or civilian can afford.

For more information, call the Housing Office at 469-7757.

Outside the Gate

Weekend Events in and around Bamberg for Sept. 26—Oct. 4.

Frequently used locations can be found online at www.bamberg.army.mil/sites/map.pdf. When no town name is listed at the end of the event, it is being held in Bamberg.

Friday, Oct. 3

- 8 a.m. "Bamberg Antique and Flea Market" downtown Bamberg, pedestrian zone
- 2 p.m. "Gummibears in the Middle Ages" (German, for kids ages 6-12 yrs.) Kids learn about living in medieval Bamberg, lower bridge downtown by the "Kunigunden" monument.
- 3 p.m. "From the Bamberg Horseman to Botero" sculptures in Bamberg, Domplatz (cathedral), Fürstenportal(entrance)
- 7 p.m. "Witch hunt in Bamberg", (German) cultural and historical city tour, Alte Hofhaltung
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1
- 8 p.m. "Slop" Rockband, Cover band plays rock music from Aerosmith, Led Zeppelin and Bon Jovi at Blues Bar, Obere Sandstr. 18
- 9 p.m. "Choco-Latte" in concert at Club Kaulberg, Unterer Kaulberg 36
- 11 p.m. "you deserve better!" breakhouse/electrohouse with feat. Wiesel and Captain Koma at Morph Club, Siechenstr. 7

Saturday, Oct. 04

- 7 a.m. Volksmarch at Weissenbrunn (B 85 between Kulmbach and Kronach), start and finish: Lessbechtalhall (Gym), Schulweg, Weissenbrunn, distances are 5, 10 and 20 km
- 7 a.m. Volksmarch, Nordic Walking and Marathon, Roettenbach (near Erlangen), start and finish: multipurpose sportshall, Sports field (Norma parking lot) Lohmuehlweg 11, Roettenbach, distances are 5, 10, 20 and 42,195 km
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the Bamberg tourist service)
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1
- 7:30 p.m. "Winefest" in Oberhaid at Bürgersaal, Untere Str., 96173 Oberhaid
- 8 p.m. "Charly" the American musician Carl Berg presents songs of Cat Stevens, Pink Floyd, Jethro Tull and more at Blues Bar, Obere Sandstr. 18
- 8 p.m. "Concerto Grosso" concert with baroque orchestra Armonia dell'Arcadia at Kaisersaal at the New Residence, Domplatz 8
- 8 p.m. "Pumpkin night in Altendorf" experience the pumpkin decorated town center, enjoy live music and try pumpkin mixed drinks in Altendorf, town center, Egloffsteiner Ring
- 8 p.m. "Pearl—a tribute to Janis Joplin" at Live-Club, Obere Sandstr. 7
- 9 p.m. "Beat night" feat. United Beat Band and FabFive at Boot shaus im Hain, Mühlwörth 18a
- 9 p.m. "Hubert Winter quartet" live jazz music at Jazzclub, Obere Sandstr. 18
- 11 p.m. "Electro delicatessen" electro and house music feat. texas bikini DJ team aka de la dope & DJ lupin at Morph Club, Siechenstr. 7

Sunday, Oct. 05

- 7 a.m. Volks marching, at Weissenbrunn (B 85 between Kulmbach and Kronach), start and Finish: Lessbechtalhall (Gym), Schulweg, Weissen brunn, distances are 5, 10 and 20 km
- 7 a.m. Volks marching, Nordic Walking and Marathon, Röttenbach (near Erlangen), start and finish: multipurpose sports hall, Sports field (Norma parking lot) Lohmuehlweg 11,
- 10 a.m. "Harvest fest/Thanksgiving" at church St. Wendelinus, Kirchstraße, district Tütschen- gereuth, 96120 Bischberg
- 10 a.m. "Pumpkin fest in Altendorf" come and purchase your Halloween pumpkin and enjoy pumpkin specialties like pumpkin bratwurst or soup in Altendorf's town center, Egloffsteiner Ring
- 2 p.m. "Harvest fest/Thanksgiving" at Pfarrheim Oberhaid, Untere Str. 1, 96173 Oberhaid
- 5 p.m. Organ concert at church St. Kunigund, Joseph-Otto-Kolb-Str. 1, 96052 Bamberg (free)
- 7:30 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater,

- 8 p.m. E.T.A.-Hoffmann-Platz 1, Bamberg
"Dentler & Dziallas" live rock, blues and pop music at Blues Bar, Obere Sandstr. 18, Bamberg

Monday, Oct. 06

- 7 p.m. Piano-Live at Hofbräu Restaurant & Bar, Karolinenstr. 7, Bamberg
- 7:30 p.m. Brose Baskets playing EnBW Ludwigsburg, Basketball at Jako-Arena, Bamberg
- 9 p.m. "SCHWOF" the cult disco party, all drinks are half price at Live-Club, Obere Sandstr. 7, Bamberg

Friday, Oct. 10

- 3 p.m. Herbstplärrer (carnival with rides) at the Plärrerplatz, An der Breitenau (next to the Park and Ride)
- 7 p.m. "Undine" (in German) at Puppet-on-a-String-Theater, Untere Sandstrasse 30, Bamberg
- 8 p.m. "R.I.O. – Rock in Oberfranken" Preliminaries for the area Bamberg/Forchheim at Live-Club, Obere Sandstraße 7, Bamberg
- 8 p.m. "Sebbo" Vocoustic music at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. Musical "Sugar" at E.T.A.-Hoffmann-Theater, E.T.A.-Hoffmann-Platz 1, Bamberg
- 9 p.m. "Band at Work" Rock, Rhythm & Blues and Soul classics at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Big Sound Jack" Rock classics of the 60's and 70's at Sängerheim Gaustadt, Aufbaustraße, Bamberg (entrance fee: 5 Euros)
- 9 p.m. "The Fraterman" relaxed sound with a musical program that consists of original compositions at Jazzkeller, Obere Sandstraße 18, Bamberg
- 11 p.m. "Funky Safari" funk . soul . disco . electro feat. geeefefonque at Morph Club, Siechenstraße 7, Bamberg

Saturday, Oct. 11

- 10 a.m. "Herbstmarkt/Fall market" with various sales booths downtown Bamberg at Maxplatz
- 10 a.m. "Rama Dama" all stores downtown Bamberg are open for business
- 5 p.m. "Light and shadow in Bamberg" a theatrical journey through the history of Bamberg at Alte Hofhaltung Bamberg, Domplatz 7 (tickets available at the tourist service Bamberg)
- 7 p.m. "Country evening" at the area of the sports club TSV Viktoria Staffelbach, Staffelbach, 96173 Oberhaid
- 7:30 p.m. "Songs on a fall evening" enjoy a musical evening with candle light and some wine at Studio 13, Luitpoldstraße 40, Bamberg
- 8 p.m. "Kümmel" the musician presents music of Bob Dylan, The Doors, Muddy Waters, Blind Melon at Blues Bar, Obere Sandstraße 18, Bamberg
- 8 p.m. "Vanguart live" band from Sao Paulo (Brazil) at Sound'n Arts Club, Sandstrasse 20, Bamberg
- 9 p.m. "Breeze" Songs like summer winds at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Tango Argentino" dance evening Tango y mas at Haas-Säle, Obere Sandstraße 7, Bamberg
- 9 p.m. "Tingvall Trio" Swedish band at Jazzkeller, Obere Sandstraße 18, Bamberg
- 11 p.m. "Blockrocking beats" fusionhouse, funkin' breaks, techno, electro feat. Fischer at Morph Club, Siechenstraße 7, Bamberg

As seen in the NEWS ..

As seen in the Frankischer Tag

Bavarian elections turn out to be a disaster for CSU (Christian Social Union) party

The Elections in Bavaria last Sunday turned into a disaster for the CSU. The party couldn't convince voters and the turnout was the worst results in 46 years.

(Continue on page 10)

Passing the colors



Photo by 1st Lt. Monika Comeaux, 173rd BSB

Lt. Col. James R. Ryan, the outgoing commander of the 173rd Brigade Support Battalion hands the battalion colors to Col. Charles A. Preysler, the commander of the 173rd Airborne Brigade Combat Team, during the battalion change of command ceremony on Sept. 26 at Warner Barracks, Bamberg, Germany. Lt. Col. Curtis A. Johnson is the incoming commander for STB.



They were not able to capture an absolute majority in votes this election period and will try to govern Bavaria with a coalition partner of one of the other big parties in Germany. Preferential consideration is given to the FDP (Liberal Democratic Party). The CSU lost 17.3 percent of the votes which only brought them to a total of 43.4 percent. The devastating results of the election brought a big crisis upon the leadership of the party resulting in the resignation of the party leader Erwin Huber and Bavarian Minister President Günther Beckstein.

The vineyard can come

To cultivate a vineyard and cut down an existing mixed orchard for the "Landesgartenschau" (State Garden Show) in Bamberg in 2012 was the subject of a disagreement between the city, the garden show corporation and the opponents of the vineyard. Supporters as well as opponents of the vineyard reached an



AAFES
Army & Air Force Exchange Service

Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

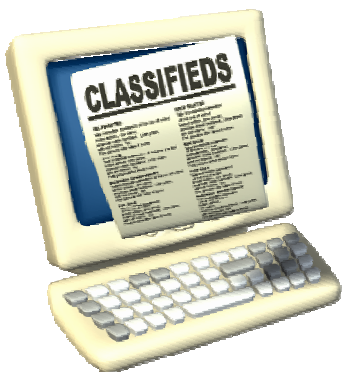
Fri.	Oct. 3	Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 4	The X-Files: I Want To Believe (Pg-13)	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Sun.	Oct. 5	The Mummy: Tomb of The Dragon Emperor (Pg-13)	3 p.m.
		Lakeview Terrace (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 6	The X-Files: I Want To Believe (Pg-13)	7 p.m.
Thur.	Oct. 9	The Mummy: Tomb of the Dragon Emperor (Pg-13)	7 p.m.
Fri.	Oct. 10	Eagle Eye (Pg-13)(1strun)	7 p.m.
Sat.	Oct. 11	Eagle Eye (Pg-13)(1strun)	4 p.m.
		Step Brothers (R)	7 p.m.
Sun.	Oct. 12	Swing Vote (Pg-13)	4 p.m.
		Eagle Eye (Pg-13)(1strun)	7 p.m.
Mon.	Oct. 13	Step Brothers (R)	7 p.m.
Thur.	Oct. 16	Swing Vote (Pg-13)	7 p.m.
Fri.	Oct. 17	Pineapple Express (R)	7 p.m.
Sat.	Oct. 18	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Sun.	Oct. 19	Beverly Hills Chihuahua (Pg)(1strun)	4 p.m.
		Pineapple Express (R)	7 p.m.
Mon.	Oct. 20	The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Thur.	Oct. 23	The Sisterhood of the Traveling Pants 2 (Pg-13)	7 p.m.
Fri.	Oct. 24	Body Of Lies (R)(1strun)	7 p.m.
Sat.	Oct. 25	Star Wars: The Clone Wars (Pg)	4 p.m.
		Body Of Lies (R)(1strun)	7 p.m.
Sun.	Oct. 26	Star Wars: The Clone Wars (Pg)	4 p.m.
		Tropic Thunder (R)	7 p.m.
Mon.	Oct. 27	Body Of Lies (R)(1strun)	7 p.m.
Thur.	Oct. 30	Tropic Thunder (R)	7 p.m.
Fri.	Oct. 31	Quarantine (R)(1strun)	7 p.m.

agreement regarding the future of the "Michelsberg". The petition for a referendum was withdrawn and all parties involved settled for a concept of part vineyard and part orchard. Lord Mayer Andreas Starke said that in a good compromise like this, there are no winners or losers: "Winners are the city of Bamberg and a great concept, which brought both ideas together."

71 drivers were driving too fast

Last Sunday afternoon local police monitored the B22 for cars driving above the permitted speed limit. They measured 2426 cars of which 71 drivers were going too fast. The "fastest" driver clocked in at 145 km/h instead of the allowed 70 km/h. The driver will have his license suspended.

Classic board game now available as a special Bamberg edition



AUTOMOBILES FOR SALE

2000 Ford Mustang for sale color: white, asking price: \$7000.00-\$6500.00. Vehicle includes: cd/tapedeck, rear window defroster, fully powered driver's seat, power steering, two 500w bass tubes w/ hook-up cording (easy to hook up), floor heating, new battery just installed, currently in the process of adding new smokey black headlight sets, lights are legal for use. Vehicle has 66,000 miles on it. If interested contact me (Jacques Anderson) at 09512974215 or email me westcoasrydah80@hotmail.com

1997 Pontiac Firebird, 99K miles, silver, t-tops, manual transmission, good all-weather tires, alloy rims, new power steering pump, new full clutch assembly, added speaker. Runs great! Good gas mileage for a 6 cyl. Hate to let it go but must sell, 3 kids 2 rear seat belts doesn't work! Asking \$5100 (NADA recommended price) Call or email Stephanie @ 01705883916 or 09512972052, screech_n_carmie@yahoo.com.

1983 Honda Silverwing motorcycle, low miles, very good condition, extra brake pads and logos. Currently registered non-op due to no bike license. Needs battery. Runs great!!! Asking \$1000 OBO Call or email Stephanie @ 01705883916 or 09512972052, screech_n_carmie@yahoo.com.

Ford Escape 2003, 4dr, White, 67,000 miles, us specs, automatic. In great condition, inspection current. Available end of September. \$7,800 Contact kathryn.carter@amedd.army.mil.

2001 Ford Windstar LX van. 57,300 miles. Great condition. A/C Power windows, door locks and steering. ABS. Tinted windows. 7 passenger. AM/FM CD. Runs strong on Autobahn. Never let us down. Asking \$6,000. 0951-2974241 or 0163-8091683.

'89 Black BMW 500 series, power windows and locks, sunroof, brand new front and back brakes. Some work required, this is not a car for someone who can't change their brakes or oil. Paid \$1700 one year ago, asking \$700. For more details email aaronbr@hotmail.com.

Honda Accord EX, '04, 42,000 miles, dual electric / heated seats, in dash 6 CD changer, moon roof, 1 owner, \$15,000. Please contact 0951-297-1203.

Hyundai Accent 2dr 1998. \$1750. 57,000 miles, US Specs, manual transmission. Good second car. Service Documents on hand. Looks great and runs great. Inspection good through March 2009. 0151-175-44266.

2004 Chevy Venture Van, White, AC, Automatic, US Specs, Excellent Condition, 30,000 miles, \$10,000 OBO. Call 0170-7219159 or 09546594733.

White and silver 2007 Honda Shadow Aero. Bike has been well taken care of; I will be happy to show you it. Has never been dropped or damaged. All scheduled maintenance has been kept up as well. VIN can be provided to maintain integrity. As of now the bike only has 1442 miles on it! Odometer reading is as of 07 June 2008. Expected accumulated average mileage for a motorcycle of this model year and engine displacement is 10,600 miles. This is truly a steal! Kelley Blue Book Trade-In value for this bike is \$3,840 and the KBB Retail is \$5755. Average of the two is \$4,700; asking price is \$4,800. If you are interested please send me an email at jonathan.galchik@us.army.mil or call at (0951) 301-5698.

EMPLOYMENT

FOR SALE

FOR SALE: 37" JVC TV and Panasonic Home Theatre System. TV is older tube style but works great for AFN, DVD's and games. Home theatre system has 6 speakers and perfect for housing and includes a 5 disc DVD changer. \$100. 0171-922-8194. (10.03.08)

Bowling ball for sale: Brunswick Teal Rhino 15 lb. ball. New (never used). \$100. I have pictures. Email me if you want to see them at elytim_b@hotmail.com. (10.03.08)

PCS SALE! Lawn mower \$75, large AFN satellite dish \$50, 2000 Watt transformer \$50. 0151-529-77501.

Coach Purses x3, each used twice, large brown includes wallet, med black includes wallet. Small brown. Email for pictures and low prices PX does not have these. kathryn.carter@amedd.army.mil

PCS SALE 220V Air Conditioner, free-standing with mobile wheels. Works Great! \$275, 220 volt ELTA heater/fan \$20, set of 2 IKEA paper lamps (very modern/nice for an asian appeal) \$25, IKEA picture light (neat for a big picture) \$25, 220 volt, Iron \$8, 220 Volt Fan \$10, small stand w/ drawers & cabinet, \$25, Armoire- Dresser-Nightstand-MAKE US AN OFFER! We also have transformers however will be using them until HHG are picked up so call/email us if you are interested! *PCS SALE* Call 0951-297-2203 or email non_nhoi@yahoo.com

For sale baby swing-\$10, Baby Einstein Discover & Play-\$30, Pack & Play-\$25, Double Stroller-\$40, Bassinet-\$30, Monitor video (new) \$50. Lots of boy clothes. Pictures available. Call 0951-

297-2036 or email revesivonne07@yahoo.com.

Maya wrap. Purple shades. Has not been used. Comes with instructional DVD. Paid \$50. Asking \$30. Please email casmarid@yahoo.com.

German bed, 160cm x 200cm, in great condition with 2 fairly new latex mattresses and large storage areas inside bed frame. Asking price is \$600. Must sell! Pick up only! Bamberg area. Can email pics. 0175-7914858.

900MHZ Hp pavilion desktop computer with monitor, keyboard, mouse and speakers. Good condition. Asking \$350. Brand New Dual 12 inch Band pass subwoofer box. \$150 MUST SELL! Bamberg Area. 0175-7914858.

German room shrunk, four door (90" tall x 26" wide x 132" long). Two doors with full length mirrors. Paid \$500 a year ago, selling for \$200 obo. MUST SELL! Can email photos. Call 0951-297-6645. No delivery. Bamberg.

SERVICES AVAILABLE

Due to legal regulations regarding advertising of commercial services, we will no longer be able to place advertisements for home based services in the Warner Weekly. For more information see AE Reg 210-70, para 10.a. which prohibits DoD funded publications, other than commercial enterprise publications (the Warner Weekly is not yet a commercial enterprise publication), from carrying commercial advertising. These DoD-funded publications include newspapers, magazines and all other publications funded with appropriated funds.

SERVICES WANTED

German language tutoring for myself and my son in the Hirschaid area, or at the Barracks directly after work hours for 2 hours each week. Please contact me with serious offers. Could be a great opportunity for a mature, high school person. Must be organized. Contact Allye 0172 839 5048.

MISCELLANEOUS

Have a passion for dancing Salsa, Merengue, Bachata and live within the

Bamberg, Schweinfurt, Vilseck areas? Looking to form a DANCE group to keep each other informed of Latin Nights or Salsa events in the Bavaria region and perhaps even carpool to some events. Not for gossip or singles meet - just pure dancing. Spanish speaking not required! For more information go to <http://groups.yahoo.com/group/dancelatinmusicbavaria>.

Centro Cristiano Bamberg, Casa de Dios y Puerta del Cielo, Pastors JC and Mariet Perez are located at 29 Jäck Strasse, 96052 Bamberg. Circle of Prayer held 6 p.m. Tue., Fri. Services at 7 p.m., Sunday School at 10 a.m. and Sunday Service at 11:30 a.m. For more info visit our web site at www.centro-cristiano-bamberg.com or call: 0160-438-5011 or 0151-524-16221.

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. AWANA meets at the Bamberg High School gym every Sunday evening from 4:30 to 6 p.m. Wednesday night Bible studies are at the chapel from 5:20 to 7 p.m. Come join us as we worship, celebrate and get to know our Lord. Call Traudi Figura at 469-1570.

AD SUBMISSIONS

The Warner Weekly is now offering the USAG Bamberg community another outlet for their classified advertising needs. We present this week's ads courtesy of the Bavarian News, but our goal is to provide you, the Bamberg community, a direct outlet for your classified needs. If you have something you want to advertise in the classified section please e-mail your submissions to bambergpao@eur.army.mil.

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services, home-based businesses, or other private off-post entities.

We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, please email us at bambergpao@eur.army.mil.

ATTENTION GAS CUSTOMERS!!

All AAFES gas customers are now required to show, ID card, registration, and ESSO gas card before pumping their gasoline.

Being Prepared for an Emergency

Healthcare Benefits series part four

September 2008 is designated as the **Healthcare Benefits Awareness Month**. The Healthcare Benefits Awareness Month is a quality of life initiative that began in 2006 to inform military personnel, families, Department of Defense civilians, military retirees and other authorized beneficiaries about healthcare options available to them in Europe. The U.S. Army Health Clinic Bamberg will be taking part in this event by providing important and timely information to promote health and wellness. We will include articles from the **Women's Health Booklet**, sponsored by the U.S. Department of Health and Human Services, Office on Women's Health, at www.womenshealth.gov. Series four focuses on planning for an emergency.

When disaster strikes, you may not have much time to act. To help protect loved ones, take simple steps now to prepare your family for sudden emergencies or other disasters.

Series Four: Three Basic Steps for Disaster or Emergency Preparedness

KNOW what natural or other disasters could occur in your area and how to prepare for them. Learn about local evacuation routes, so that you know how to leave the area quickly. The Federal Emergency Management Agency offers information on preparedness at www.fema.gov.

PLAN out on paper the steps you should take during an emergency and give family members a copy. Talk about potential disasters or emergencies and how to respond to each. Choose a meeting place, other than your home, for family members to gather in case you can't go home. Make sure you choose an "emergency check-in" contact person and teach your children the phone number for this person.

PACK emergency supplies in your home to meet your needs for three days. Always keep all of your impor-



tant documents together, in one place, in case you have to "grab and go" during an evacuation.

Need to Evacuate? Have a Kit Ready that Includes

- identification for you and your children, such as birth certificates and social security cards
- important personal papers, such as health insurance identification cards, immigration papers, and children's school records
- funds in the form of cash, traveler's checks, credit cards, and checkbook
- keys to the house, car, and safety deposit box or post office box
- ways to communicate, including a calling card, cell phone and extra battery, and the emergency check-in number for family members to call
- prescription medications, including written prescription orders, and supplies such as contact lens cleaner and feminine hygiene products

Essential Items for Disaster Preparedness

Relief workers will most likely be on the scene after a disaster, but they cannot reach everyone immediately.

Gather the supplies listed below in case you have to stay where you are.

Water. Keep at least a 3-day supply of water for each person, stored in plastic containers. Each person needs 1 gallon of water each day.

Food. Store at least a 3-day supply of nonperishable food such as canned meat, beans, vegetables, fruit and juices; peanut butter or other high-energy food; and unsalted crackers. Keep a non-electric can opener handy. If you have pets, stock up on canned pet food.

Infant care. Store baby formula and water to prepare it if a child is not breastfed. If you need to evacuate quickly, bring towels or sheets to care a baby instead of a bulky stroller.

Other supplies. Make sure you have large plastic bags that seal for waterproofing important papers, a battery-powered flashlight and radio with extra batteries, and a first aid kit.

Breastfeeding During an Emergency

When an emergency occurs, breastfeeding saves lives.

- Breastfeeding protects babies from the risks of a contaminated water supply.
- Breastfeeding helps protect against respiratory illnesses and diarrhea—diseases that can be fatal in populations displaced by disaster.

The basics of breastfeeding during an emergency are much the same as they are in normal times. Continuing to breastfeed whenever the baby seems hungry maintains a mother's milk supply and is calming to both mother and baby. Visit www.lalecheleague.org for information on how to breastfeed in an emergency, even if you have been giving your baby formula.

(See HEALTH on page 13)

(Continued from page 7)



Bamberg Barons' tailback Tyler Cancellor cuts past Naples' defenders during a home game Sept. 27.

Barons' speed not enough to beat Naples

Photos and Story by Douglas DeMaio,
USAG Bamberg Public Affairs

A 28 - 12 loss at home against the Naples Wildcats on Sept. 27 was a much closer game for the Bamberg Barons than the score would suggest.

In the first half, the Barons' speed and determination looked as though it may be the answer in getting the team its first victory, but as the game wore on, it became apparent that the team wasn't going to be able to overcome the power and size of the Wildcats.

"I believe we had the strength to win, but mentally, we couldn't get the job done," said Barons' quarterback Kevin Brown.

The Barons had problems on both sides of the field that contributed to the loss, but penalties, mental mistakes and turnovers may have played the biggest factor in the game's outcome.

On the first possession, a fumble by the Wildcats' Cameron Cooper on the Barons' 20-yard line gave the Barons' offense the opportunity to set the tone of the game.

The Barons moved the ball to midfield, but on a fourth and inches, instead of running the ball, the Barons went for a slant to the left. The pass fell incomplete, and the Wildcats turned the ball over on downs.

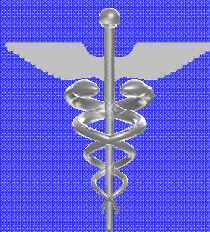
The Wildcats moved the ball up the field but the Barons' defense stopped the Wildcats on the 20-yard line, and the Wildcats attempted a field goal, which fell short.

(See BARONS on page 14)

HEALTH

Food and Water Safety During an Emergency

Food may not be safe to eat during and after an emergency. Water may not be safe to drink, clean with, or bathe in after an emergency such as a hurricane or flood because it can become contaminated with bacteria, sewage, agricultural or industrial waste, chemicals, and other substances that can cause illness or death. The Centers for Disease Control and Prevention has information about keeping your food and water safe at www.cdc.gov.



Staying Safe from Violence During an Emergency

After disasters, women are at greater risk of sexual assault or other violence. Visit www.womenshealth.gov for safety tips.

This information and more can be found at the U.S. Department of Health and Human Services, Office on Women's Health, @ www.womenshealth.gov.

USAG BAMBERG COMMUNITY



Job Fair
Home Based Business Show
CFC Kick-off

Thursday 9 October 2008

1400-1730

@The Basics Building #7110

Great Prizes*, Food, Entertainment
***Must be present to win!**



Barons' defensive back DJ Cunningham tackles Naples tailback Jon Bruce.

BARONS

(Continued from page 13)

The Barons again had an opportunity to march the ball down the field from their own 20, but a few penalties caused them to go in the opposite direction.

A fumbled from a missed snap gave the Wildcats the ball on Bamberg's 6-yard line and that's when the Wildcats fullback Shea Goodnature powered the ball in for a touchdown.

In the second quarter, with the score 7 - 0, the Barons put together long, steady drive to pull within a point of the lead.

Brown, Barons' tailback Tyler Cancellor and wide receiver Joshua Robinson lead the second-quarter charge.

Brown scampered for 10 yards to begin the quarter. Robinson caught a 20-plus yard catch and Cancellor seemingly carried defensive players on his back at will to move the ball down the field.

Cancellor finally found his way in the end zone after leaping into the air from the 3-yard line. The 2-point conversion was stopped by the Wildcats' defense and the score stood at 7 - 6.

No less than 20 seconds later, the Wildcats stormed back with a 70-yard kickoff return.

Again, Goodnature blasted past the Barons' defense and put the football in the end zone, but a blocked point-after try kept the score at 13 - 6.

Set, spike and cover



Photo by Douglas DeMaio

Lady Barons Olivia Caba spikes the ball past two Vilseck defenders while Tessa Cepe plays a cover position. The Lady Barons lost the match 25 - 20, 25 - 11 and 25 - 16.

"The stats don't matter if we can't get the win; it's a team sport."

**— Tyler Cancellor,
Barons' Tailback**

In the second half, the Wildcats extended that lead to 21 - 6 with another touchdown by Goodnature, but the Barons were poised to get back in the game.

Cancellor returned the kickoff 80 yards for a touchdown.

"I was determined to run it back," Cancellor said of his kick return. "I was trying to get us back in the game."

The Barons tried to pull the game within reach with a 2-point conversion, but were unable to do so.

The score remained at 21 - 12 until the last second of the game when Cooper scored a 33-yard touchdown run. With the extra point, the final score was recorded at 28 - 12.

The Barons ended up with 261 yards of total offense.

Cancellor ended up with 194 of those total yards, but he insists it doesn't mean a thing.

"The stats don't matter if we can't get the win; it's a team sport," Cancellor said.